



## POURfect Beaker

POURfect products are simply perfect - in the words of my good friend, Margaret! She calls this a handy-dandy measuring cup, because it is easier to see the point on the cup where the surface of the liquid lies.



## Ingredients

- ◇ 1 Tbs. mayonnaise
- ◇ 1 1/2 Tbs. buttermilk
- ◇ 2 1/4 tsp. red wine vinegar
- ◇ 1/2 tsp. Dijon mustard
- ◇ Salt to taste
- ◇ Cayenne pepper - dash
- ◇ 2 oz. Roquefort cheese
- ◇ 1/4 cup walnut oil

## Instructions

1. Whisk the mayonnaise, buttermilk, vinegar and mustard together in the POURfect measuring beaker.
2. Gradually whisk in the 1/4 cup of walnut oil and season with salt and cayenne.
3. Stir in the Roquefort cheese.

## Notes

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## BAKED CRISPY WINGS

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Football season is here and we all love wings! Frying is messy and not a great thing for you. I marinated these in buttermilk and hot sauce, coated in panko and “oven-fried” them on a rack at 450 degrees. Much easier in making and clean up and so much better for you.

### *Ingredients* Serves 4 – 5 as an appetizer

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- ◇ 7 whole wings, cut into pieces
- ◇ ½ cup buttermilk
- ◇ 2 Tbs. Sriracha Sauce
- ◇ ¾ cup of panko

### *Instructions*

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1. Preheat oven to 450 degrees.
2. Wash and dry wings with paper toweling. Cut into pieces at the joint, discarding the end tip – freeze and save for making stock.
3. Whisk together the buttermilk and sriracha sauce in a small bowl and marinate wings in it for 30 minutes at room temperature.
4. Drain wings and coat with panko. Place on a rack on a rimmed baking pan and roast in the oven for 12 – 15 minutes, until done and golden. Serve with LOVE, celery, Roquefort dressing and enjoy!!

### *Notes*

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